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THE GOLDEN-DOMED POTOLA, THE PALACE OF THE FUGITIVE DALAI LAMA.

The Potala is built on a bluff rock north of the city of Lassa. It is described as surpassing the most sanguine expectations. "Its golden domes," writes Mr. Edmund Candler, "shone in the sun like tongues of fire, making it a landmark for miles around. It must strike with awe and veneration the hearts of the pilgrims arriving from the barren table-lands to visit the Sacred City." The British treaty with Tibet was signed in the Dalai Lama's apartments in this building on September 7.

## BAG PUNCHING

By Dick Garvin.

Every sport has its utility. Swimming, rowing, track athletics, football, baseball and boxing have their unquestioned advantages, and each contributes in different forms a benefit to the human physique. But while these sports develop the muscle and invigorate those that indulge in them, the accidents and mishaps attendant on them partly counterbalance the good to be derived. But the exercise in which are constituted all the promulgated benefits of field sports, aquatics and boxing, without incurring any of their dangerous features, is the simple callisthenic of "Punching the Bag." This pastime consists in hitting an inflated leather bag about the size of an Association football with the naked fists or with gloves manufactured for the purpose. To such a pitch of popularity has the exercise now reached that it has become a recognized necessity among professional boxers, and the indulgence in the exercise, too, among people in general who want an appliance for home training is gaining general favor and making rapid advances.

Like most of its contemporaneous relatives, the early history of this pastime is shrouded in mystery and its real originator will never be known. The English boxers of a few generations ago were familiar with the bag, an article about the size of a man. This affair was usually swung from the crossbeam of a barn or other roomy edifice. It generally weighed about sixty pounds—a horsekin wallet filled with bricks, old horse shoes and the like.

The Americans used a modified form. During the fighting days of Arthur Chambers, Billy Edwards and Billy Madden, Arthur Chambers had one in his Philadelphia gymnasium, but, like his British predecessors, the workmanship was crude and the exercise attained did not cause any amount of comment or lead any one to believe that it would one day become the peer of all indoor exercises. This was during the Centennial of 1876.

In 1876 Donovan was training for his fight with McClelland for the middleweight championship of America at San Francisco, and as a part of his exercise used the punching bag. There were no India rubber bladders in those days and Mike kept his trainers busy securing cow bladders from the slaughter houses in the vicinity of Frisco.

Cook made bags of calf and sheepskin, round and pear shaped. He used rubber bladders and his bags became popular.

John Rumsey, of Cleveland, Ohio, manufactured a double end bag. It was oblong in shape, made of fancy canvas and attached to the floor and ceiling. The attachment from floor to bag was of rubber and from bag to ceiling common rope, so that the bag could be lowered or raised to suit the user.

Of course, there have been a great many improvements in the composition of the bag. The contrast and result of the heavy bag of the old days and the late improved style is great. The new one makes a man quick, while the old one made a man slow. If you do not guard or duck with the one of today you are liable to get countered, for they are quicker than nine-tenths of the men of the present day.

There is a secret in bag making like everything else, and out of the number who have tried but very few have been successful. Only selected skins can be used and only the choicest part. The leather is cut on forms, after being thoroughly stretched, and the grain of the leather should all run one way. This will ensure a uniform roundness and the stitches will draw out evenly after the bladder is inflated.

As an exercise, punching the bag is very fascinating. There is a wonderful temptation even in the very appearance of the bag, as it hangs suspended in the air. No matter how weak the physique or barren the imagination, the most puny cannot fail for a moment to fancy himself facing an antagonist, and he will immediately put his powers into execution and drive viciously at the leather sphere. But it is to the boxer and athlete the bag is the most useful. Gaining control of the "hands" is the one great desideratum of the boxer nowadays, and this is most rapidly developed by bag punching. In a boxing match, strength, quickness and accuracy are the main points, as also the delivery of blows that will put men to sleep. All the professional boxers—Jeffries, Fitzsimmons, Corbett, Sharkey, Maher, Ruhlman, McGovern and Dixon, pride themselves on their skill as bag punchers, and each, of course, claims the origination of different methods of hitting. Prof. Mike Donovan, boxing instructor of the New York Athletic Club, says, "Punching the bag quickens the eye, develops the hitting muscles and makes a man most desirable of all—a two-handed hitter. The best method is to punch it alternately with left and right; this style of hitting is good practice for two-handed fighting, and two hands are always better than one. By frequently using the bare knuckles on the bag it will harden the hands and a new variety of blows will be developed. I regard the punching bag as the most valuable mechanical assistance to a fighter in training. But apart from the great good this exercise is to the boxer, it is still of more value to the ordinary man. If one cares to cultivate an easy and graceful carriage he has but to indulge in a little bag punching. Besides, the general health of the individual will be benefited to a great degree."

Of late the exercise has been indulged in by the gentler sex; and surprisingly enough, it has been found to be a tonic of rare worth to the complexion. Those women who have devoted half an hour daily to the punching bag, attest that as a developer of the entire system it is par excellence. It is especially recommended to women with round shoulders, weak lungs and defective respiration.

I will teach bag-punching in the new Honolulu Athletic Club and all my thirty-four movements can be learned in one month. Any one who desires to see the work can call at the new club rooms at No. 83 King street on any day.

## FRISCO YACHTING SEASON OVER

The end of the yachting season is now at hand, and the yachtsmen have nothing further to do than strip their craft and lodge them in their winter quarters. With today's sailing the cruising season will be over. The San Francisco Club men have their closing cruise in squadron. The Corinthian Club men will spend the day at Corinthian cove, and the California Yacht Club members have an open date.

The Corinthians anticipate a lively time at the cove, where they will celebrate with their annual games. The feature of the day's sport will be a baseball game between the Keegans and the Shorts. For years these teams have been rivals at Corinthian cove and the event is always looked forward to with enthusiasm by the members of the Corinthian Yacht Club.

The teams are composed of club members from the different yachts, and this one game is the only time the players of the two teams handle a ball during the year. No attempt is made at keeping score, as the runs are usually too numerous to count. The game will be played this morning.

Port Captain Keefe will have charge of the refreshment end of the program. This alone would be sufficient to draw a large number of yachtsmen. The majority of the fleet sailed over last night, but those who could not get away will make an early start this morning. The games will start as soon as the last boat arrives.

The San Francisco Yacht Club celebrated its closing links last night. The program was good, but not as lengthy as some in the past. Among those who took part were: A. Rosetti, soloist; "Teddy" Greenfield, impersonator; a local quartet, a Japanese exhibition in self-defense, sparring and wrestling by members of the Olympic Club, and re-

marks by A. Treat and Judges Kerrigan and Trout. George Miehlung acted as referee of the wrestling and sparring bouts.

The Corinthian and California Yacht Clubs have their closing links next Saturday night, and their closing cruise, in squadron, on Sunday. Both clubs have been looking about for talent for some time past and the programs should be better than usual. The Corinthians always end up the year in great fashion, and this year will be no exception. They are making preparations for even a larger crowd than usual.—Chronicle, Oct. 23.

### WHAT SHOULD SOLOMON DO?

The New York World recently proposed to its readers a singular and fascinating problem, for the best answers to which it offered prizes. The contest is now closed, but here is the problem: Solomon, with his bride, is taking a honeymoon trip in an automobile. As they start down a steep hill the chain snaps and the emergency brake will not work. Solomon can steer the automobile, but can not stop it. Rounding a sharp curve, where there is a wall on one side and a precipice on the other, he meets a two-horse carriage, in which is an elderly couple. Between the carriage and the wall, where he might otherwise pass, is a nurse, with a child in a baby-carriage. Solomon has ten seconds in which to decide.

What should Solomon do?  
1. Should he steer the automobile over the precipice, killing the bride he promised to protect and himself?  
2. Should he run down the nurse and child?

3. Should he dash into the carriage in which are the elderly couple and thus save his bride, himself, and the nurse and child?

What should Solomon do, and why?

Overheard during the theatricals: She—"How well your wife plays Lady Geraldine, Mr. Jones! I think the way she puts on that awful affected tone is just splendid. How does she manage it?" Mr. Jones (with embarrassment)—"Er—she doesn't. That's her natural voice."—London Tit-Bits.

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